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HOW TO CLAIM YOUR SIDE HUSTLE

and other tax tips for these not-so-traditional times

metroLIFE

Tenants of a West End Vancouver apartment building decry an application for a massive rent increase at 1565 Harwood St., and are joined by local MLA Spencer Chandra Herbert, left, at a press conference Sunday. DAVID P. BALL/METRO

'GOUGED'

West End landlord aims to hike rents up to 43 per cent

metroNEWS

Creep Catchers sued for libel

LAWSUIT

Vigilante anti-pedophile group caused 'ridicule,' claim states

David P. Ball
Metro | Vancouver

An Abbotsford restaurant owner is suing the president of Surrey Creep Catchers for what he said was "malicious, high-handed, callous and arrogant conduct," according to a defamation lawsuit filed in Chilliwack Law Courts on Feb. 28.

In his notice of claim against Ryan LaForge, Jamie Su alleged that LaForge's group — a cross-Canada network of vigilante groups who impersonate children in order to entrap alleged pedophiles — falsely accused him, causing him "ridicule, hatred and contempt, … personal embarrassment and humiliation."

The allegations against LaForge have not been tested in court, nor has the Surrey Creep Catchers president filed a statement of defence by time of publication.

"The plaintiff's family's restaurant has been clearly identified and maligned as a result …" Su's lawsuit stated. "The malicious, high-handed, callous and arrogant conduct of the defendant … displays a wanton and flagrant disregard for the plaintiff's rights."

The civil defamation case centres around what it described as Surrey Creep Catchers publishing on Facebook "falsely and maliciously" about Su on Feb. 6, including a video described as having at least 56,000 views.

The accusation, Su stated, was made "with malice knowing that (it) was false or in careless disregard as to whether it was true or not."

An investigation by CTV's W5 program last month scrutinized the rise of the vigilante group across Canada, and raised questions about whether financial motives — particularly by those selling Creepcatcher merchandise to local chapter members — may be encouraging false accusations.

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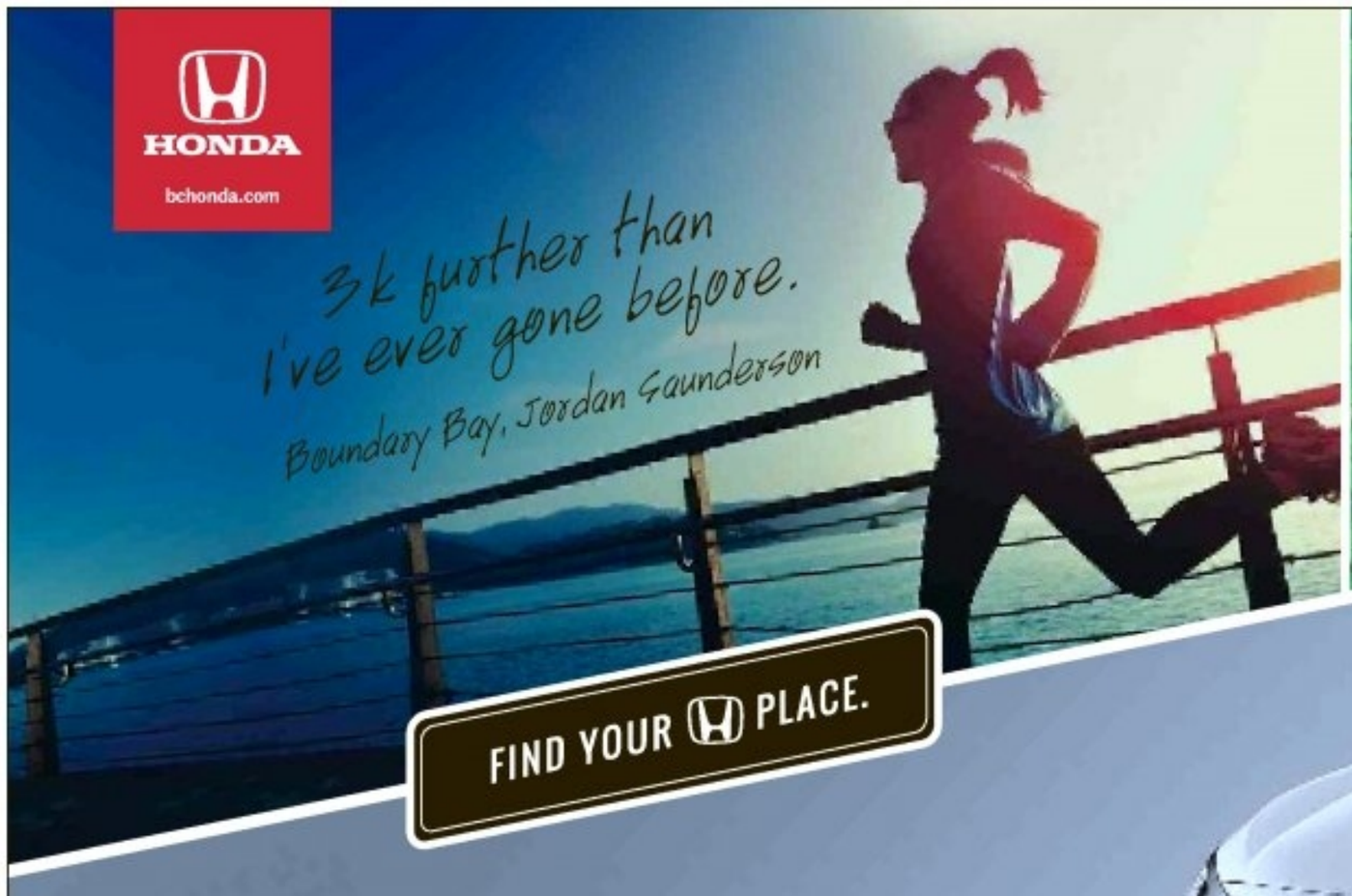

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metro NEWS

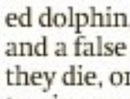
Your essential daily news

Young entrepreneurs use social media to tackle an underserved hair demographic. **Canada**

Critic calls for whales' release

MARINE LIFE

Park board voted to ban captivity of cetaceans



Wanyee Li
Metro | Vancouver

One whale researcher and outspoken critic of the Vancouver Aquarium says the Vancouver Park Board's historic vote to ban cetaceans in captivity is an opportunity to not only prevent future beluga exhibits but also to let the aquarium's three remaining cetaceans live out their days in a seaside sanctuary.

Park board commissioners unanimously voted to amend a bylaw to effectively ban the practice of keeping cetaceans in captivity Thursday night.

The decision comes after decades of heated debate over the issue, the recent unsolved deaths of two belugas, and the aquarium's February announcement of plans to bring back up to five belugas in an expanded exhibit.

The amended bylaw could come into affect as early as May 2017 and a staff report suggests it could either allow the aquarium to keep its current cetaceans — a pacific white sided dolphin, a harbour porpoise, and a false killer whale — until they die, or force the non-profit to give up the animals.

Animal rights activist and researcher, Peter Hamilton, hopes the aquarium moves the cetaceans into a sea pen off B.C.'s coast.

"They would be in an enriched environment, feeling the ocean currents and different temperatures with a diversity of marine life all around them," he said.

Hamilton has studied the southern resident orca population for 25 years.

The Lifeforce Society member says dolphin, porpoise, and false killer whale may even build up enough survival skills to be released into the wild one day.

"They have inherited natural instincts, even if they were young when they stranded. We will see, once they are put in a sea pen, how they do socialize."

Hamilton added that the $100 million budgeted for an expanded cetacean exhibit would be better used if it were used to buy up land for conservation. But he was cynical about the aquarium's role in protecting wildlife.

"Habitat protection and moratoriums on fishing — zoos and aquariums don't do that," he said.

"We can save wildlife by studying them in their natural habitat and protecting them in their natural habitat."

But the aquarium says taking away its cetacean exhibits would jeopardize the organization's ability to rescue and rehabilitate marine mammals.

"A ban on displaying all cetaceans at the Vancouver Aquarium will have a deep impact on the research we do and devastate our marine mammal rescue centre," president and CEO John Nightingale said in a written statement.

But despite that, park board commissioners say public opinion has swung against the practice of keeping cetaceans in aquariums.

"Our job is to listen to the public," said Sarah Kirby-Yung, a commissioner who used to work as the aquarium's spokesperson.

"This is an issue where public sentiment has been changing and, progressively, people have been feeling more and more uncomfortable."

The park board's general manager, Malcolm Bromley, characterized the decision as "one of the biggest decisions the park board has made."

The Vancouver Aquarium falls under the jurisdiction of the Vancouver Park Board because it sits on park-board land. Park board staff will consult with legal counsel and return with an amendment by May 15.

Park board commissioners unanimously voted to ban the practice of keeping cetaceans in captivity. The decision comes after decades of heated debate over the issue and the recent unsolved deaths of two belugas. DARRYL DYCK/THE CANADIAN PRESS

> **We can save wildlife by studying them in their natural habitat and protecting them in their natural habitat.**
> Peter Hamilton

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Outraged tenants caught up in a 'financial game'

RENT

Increases see families mull leaving the city

David P. Ball
Metro | Vancouver

As a group of children chalked the sidewalk with colourful drawings of houses in Vancouver's West End on Sunday, nearby their parents and neighbours denounced massive rent increases requested by their landlord — increases that for some will mean paying up to 43 per cent more every month.

The tenants, some living for a decade in the two-storey apartment building at 1565 Harwood St., vowed to fight the application to ratchet up rents when it goes before the Residential Tenancy Board on April 18.

The proposed increase is thanks to a loophole in B.C.'s rent control laws that prevent landlords raising rents any more than 3.7 per cent in 2017 — that's two per cent plus inflation, once per year.

But the province's laws also allow an additional increase if "the rent for the rental unit is significantly lower than the rent payable for other rental units that are similar to, and in the same geographic area as, the rental unit."

With property values skyrocketing throughout Vancouver, so have corresponding market rents for longtime tenants the rent controls are intended to protect.

One of them told Metro he received notice his rent would increase by $365 if the landlord's request is approved by the Residential Tenancy Branch (RTB), above his current $1,310 a month.

"I find it shocking and outrageous," said Jimmy Sigmund, who's lived in the building since 2003. "When does this stop? … What's it next year and the year after? How can I live here and continue to work here?"

According to the notice provided to the tenants, the application is for a "total increase (of) 16.28-43.48" per cent.

If the request is approved, fellow tenant Amanda Burke and her partner would have to pay an extra $430 every month above their current $1,750 rent with parking. When she moved in, the apartment was only $1,525.

"At the time that was sort of normal for the area but still expensive," she told Metro. "It was a big decision.... We will either stay here and bite it, or we'd move cities, frankly. Why would we move within the city? We'd pay that much more within the city."

Vancouver-West End MLA Spencer Chandra Herbert attended their news conference Sunday and said he's heard of other buildings facing rent increases above the allowable rates.

"It's all just a financial game," he said.

"They flip them, they sell them, they trade them — always trying to seek more money.

"And tenants get caught in the middle, people who are not making more money, people who are just trying to live a good life."

The building's management company, Martello Property Services, did not respond to requests for comment Sunday, and Metro was unable to contact its owners, Immobiliere Canada Investment Ltd., by time of publication.

According to BC Assessment, the 1930 property saw its value rise by $1 million, or 26 per cent, in just the past year — to $4.9 million.

Children who live in a West End Vancouver apartment building draw with chalk as their parents hold a news conference nearby to decry an application for a massive rent increase at 1565 Harwood St. on Sunday morning. DAVID P. BALL/METRO

> **They flip them, they sell them, they trade them — always trying to seek more money.**
> Spencer Chandra Herbert

CRIME

Jewish centre gets 2nd bomb threat

Wanyee Li
Metro | Vancouver

The Jewish Community Centre of Greater Vancouver received another bomb threat Sunday morning — the second time in the past week.

People evacuated the centre at 41st Avenue and Oak Street and Vancouver police swept the area shortly after the centre received the email at 9 a.m., according to the community centre's director, Eldad Goldfarb.

"It was another hoax," he confirmed.

The centre re-opened soon after and staff resumed programming for the holiday Purim, he said.

"Everything is normal. We really try to resume activities as quickly as possible and that's our way with dealing with the situation."

The same community centre received a bomb threat last Tuesday that also turned out to be a hoax.

The threats are part of a growing white supremacy and anti-immigration movements around the world, including Canada.

An assailant, who police have identified as an extreme right-wing white nationalist, killed six people at a Quebec mosque in January.

Goldfarb says his centre will continue to work closely with Vancouver police on security procedures.

A CNN report cited bomb threats at Jewish community centres on Sunday in Indianapolis, Houston, Milwaukee, and Rochester, N.Y.

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Taxis line up outside of Canada Place in 2014. **The NDP says there is no question ride-sharing will enter the province but is criticizing the B.C. government's plan.** JENNIFER GAUTHIER/METRO

'We need to ensure a level playing field'

TRANSPORTATION

Province's plan for Uber must respect taxi drivers: NDP

Wanyee Li
Metro | Vancouver

B.C.'s opposition party says the government's plan to allow Uber into the province is a betrayal to hundreds of small business owners who drive taxis to make a living.

Ride-share companies like Uber and Lyft could pick B.C. passengers up as early as December 2017 if the B.C. Liberals win the May election. But the taxi industry has been quick to criticize the decision and is demanding a cap on Uber vehicles.

B.C. NDP MLA Harry Bains accused the government of not listening to taxi drivers' concerns.

"It seems to me they made this policy in a backroom," said the MLA for Surrey-Newton.

He says he is already fielding calls from disgruntled taxi drivers.

"The taxi industry feels it is a total sham and that (the government) had the decision already made."

> **"It seems to me they made this policy in a backroom.**
> NDP MLA Harry Bains

The government's plan to introduce ride-share legislation this year includes support for the taxi industry, including up to $1 million to build a new app and $3.5 million in crash-avoidance technology for all taxis.

But the proposed ride-share legislation would also mean eliminating any limit on taxi licences. That move would plunge the value of taxi licences to a fraction of what they are currently worth, according to the Vancouver Taxi Association.

B.C. NDP leader John Horgan told Metro, if elected, his government would also allow Uber into the province but that it would do so while also respecting taxi drivers' investment into their business.

"There's no question that ride-sharing is coming to B.C.," he said in an email statement.

"I've always been supportive of using technology to improve services, but we need to ensure a level playing field that protects the jobs that already exist."

RAIDS

Dispensaries no 'altruistic venture': Police

Police in Toronto are accusing Cannabis Culture marijuana dispensaries of being part of a "large franchise operation of alleged high-level drug traffickers."

Prominent marijuana activists Marc and Jodie Emery — who own the Cannabis Culture brand — were granted bail Friday after their arrest on Wednesday.

Marc Emery faces 15 charges, including conspiracy to commit an indictable offence, trafficking and possession of proceeds of crime, while Jodie Emery faces five similar counts.

Officers seized $250,000 in cash in several currencies, 65 kilograms of marijuana and 2.4 kilograms of cannabis extract and other drug paraphernalia after searching seven Cannabis Culture stores and several homes on Thursday, police said.

Given the amount of marijuana the stores "can only be supplied by illegitimate sources often tied to organized crime," acting Insp. Steve Watts alleged.

"The public should know that this isn't an altruistic venture, this is purely a profit-motivated venture," Watts said. "Anyone with a prescription for marijuana can go through Health Canada, who have an abundant supply."

Toronto police spokesman Mark Pugash said seven Cannabis Culture locations — five in Toronto, one in Hamilton and another in Vancouver — were searched on Thursday along with two homes in Toronto, one in Stoney Creek, Ont., and one in Vancouver.

The Emerys appeared in a Toronto courtroom on Friday afternoon where they were granted bail with several conditions, including a ban on possessing or consuming marijuana and other drugs except with a prescription.

They were also barred from going to any Cannabis Culture location or other dispensary, as well as facilitating or participating in running any Cannabis Culture shop. The Cannabis Culture brand is used by a chain of 19 marijuana dispensaries in British Columbia, Ontario and Quebec.

"The government fears us," Emery told reporters minutes after emerging from a Toronto courthouse late Friday. "Our example has been the shining example for 25 years, we have been at the forefront of making this legalization happen."

The federal government is moving to legalize marijuana, but Prime Minister Justin Trudeau emphasized late last year that the current laws exist.

THE CANADIAN PRESS

Mounties investigate political donations

FUNDRAISING

Probe passed to police as the election looms

The RCMP is investigating possible violations of British Columbia's Election Act related to indirect political fundraising contributions and other unspecified contraventions.

The investigation comes a month before the start of a provincial election campaign in which party financing and donation rules are expected to be major issues.

Chief electoral officer Keith Archer said Friday his agency referred a review it began earlier in the week to the RCMP to "ensure that there is no perception that Elections BC's ability to administer the (May 9) general election in a fair, neutral and impartial manner is in any way compromised."

"The potential scope and timing of this matter make the RCMP the most appropriate agency to continue this investigation," he said in a statement.

In announcing its review on Monday, Elections BC cited sections 186 and 190 of the act that outline restrictions on political contributions and requirements to record information about each contributor.

Rich Coleman, deputy premier and Liberal co-campaign chairman, said earlier this week the party is transparent with its fundraising and has done nothing wrong. He said when the party receives money it believes it comes from the person or company named on the payment.

The Liberals are expected to introduce legislation on Monday that affects party donations.

THE CANADIAN PRESS

Christy Clark's Liberals are expected to introduce legislation Monday that affects donations. CHAD HIPOLITO/THE CANADIAN PRESS FILE

LABOUR

Teachers OK deal to end 15-year fight

Teachers across British Columbia have voted to accept a deal with the provincial government and end a 15-year battle over bargaining rights.

98%

Percentage of educators who voted in favour of the latest agreement

The union representing teachers issued a release Friday night saying more than 21,000 educators voted on an agreement about class size and composition, with more than 98 per cent casting ballots in favour of the deal.

Union president Glen Hansman says in a statement that B.C. schools are now on the verge of having better working and learning conditions in place.

Details have not yet been released about what the agreement includes.

The announcement comes months after the Supreme Court of Canada ruled that a provincial law that blocked teachers' ability to bargain on class size was unconstitutional.

At the time of the court ruling, Hansman had estimated it would cost between $250 and $300 million per year to bring in the additional resources.

The ruling restored language to a previous 2002 agreement; however, a statement from the provincial government said details needed to be negotiated because the education system has evolved and changed since then.

Hansman said the agreement will see all the substantive working conditions that were stripped away brought back.

"With our restored language in effect, B.C. schools, students and teachers will see significant improvements in class sizes, support levels for children with special needs and access to specialist teachers this September," he said.

He warned, however, that teachers cannot forget what has happened and must now shift to holding the government accountable for funding the new agreement.

"All eyes will be on the BC Liberal government this March and April to ensure the necessary funds materialize," Hansman said.

THE CANADIAN PRESS

> **Schools, students and teachers will see significant improvements this September.** Glen Hansman

MOUNTAIN RESCUE

Snowmobilers found safe

Two snowmobilers who went missing on Mica Mountain near 100 Mile House, B.C., have been found safe.

South Cariboo Search and Rescue say teams were sent out to look for two young men Saturday night after they were reported missing when they didn't come home for dinner.

Search manager James Seeley says five crew members searched for the pair overnight and more were sent out Sunday morning at first light. A helicopter spotted the pair Sunday morning and ground search crews were able to reach them by 11 a.m. THE CANADIAN PRESS

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Zaynab Logun, an Athabasca University student, has her own steady stream of customers coming in and out of the salon in her home looking for braids. KEVIN TUONG/METRO

Braid biz booms

BEAUTY

Black hair an underserved demographic

Pushpa Balgobin
For Metro | Edmonton

As a child growing up in Nigeria, Zaynab Logun lived next door to a salon and would watch the customers going in and out all day.

"I was always seeing people come out of the salon with a different style. It always looked so nice," she said.

It sparked an interest in braiding that was encouraged by her grandmother, who taught her the art of neat, tight braids.

Logun is still passionate about great hair — now a student at Athabasca University, she's one of a growing number of people harnessing social media to build the braiding business in Edmonton.

When Logun arrived in Edmonton in 2013, she soon found that black hair was an underserved beauty demographic. Those who needed their hair done often had to ask friends or family, or track down stylists through word of mouth, she said.

She started by doing a few of her friends hair, but word spread, and soon she was fielding calls from women eager for cornrows, weaves and other types of braids.

"We don't have that many black hair, or African salons in Edmonton, and if you go to a salon you tend to pay more," she said.

So Logun took a different approach — she put an ad on Kijiji and started posting on Instagram.

"I'm trying to reach people outside of Edmonton, like Leduc and St. Albert," she said. "I put up pictures, they know they are coming to my home so they will feel more comfortable it's more welcoming," Logun said.

She's not alone — Kijiji now has over a dozen young entrepreneurs using the service to connect with new customers.

Kate Cunningham spent years trying to find stylists by asking other women who'd done their hair, but recently found someone for her and her daughter through Kijiji.

"It's more convenient and you're able to find women who can offer services at a better rate. You feel like you are getting your money's worth," she said.

IN BRIEF

Alberta wants daylight savings all year round

The Alberta NDP surveyed nearly 26,000 Albertans and found 82 per cent would prefer not to change their clocks twice a year. While that might not come as a surprise to those of you who had to fight your biological clock to get up and going today, the survey also suggested that Albertans still want the later evenings that come with DST.

MLA Thomas Dang said that's all the information he needs to finish crafting his private member's bill on eliminating time changes, which could go to the legislature within days or weeks.

BRODIE THOMAS/ METRO IN CALGARY

ASYLUM SEEKERS

Agreement 'puts Canada as a state in jeopardy'

Gilbert Ngabo
Metro | Toronto

Law students from across the country issued a report that argues Canada's continued participation in the Safe Third Country Agreement with the U.S. violates the Charter of Rights and Freedoms.

The report, compiled by hundreds of law students on behalf of the Canadian Council for Refugees, calls on the government to suspend the agreement in response to the Trump administration's immigration policies.

"This agreement puts Canada as a state in jeopardy and we need it to be suspended immediately," said Kim Veller, a student at York's Osgoode Law School and one of the researchers.

In effect since 2004, the agreement deems both Canada and U.S. as safe countries capable of providing refugee protection to claimants. It has been criticized in the wake of White House executive orders that halt refugee claimants and ban travel from six predominantly Muslim countries.

Trump's ban has forced hundreds of refugee claimants to use unauthorized border crossing techniques to sneak into Canada. It's an unsafe and dangerous route that has left some of them with frostbites, but remains the only way to avoid being subjected to the Safe Third Country Agreement, said Veller.

The report shows how refugees turned back could face detention, deportation or lack of access to legal representation in the U.S.. By continuing to be part of the agreement, Canada "is breaching" its Charter of Rights, the report says.

Immigrants get ready for worst

EDUCATION

Sessions called 'know your rights' put on across U.S.

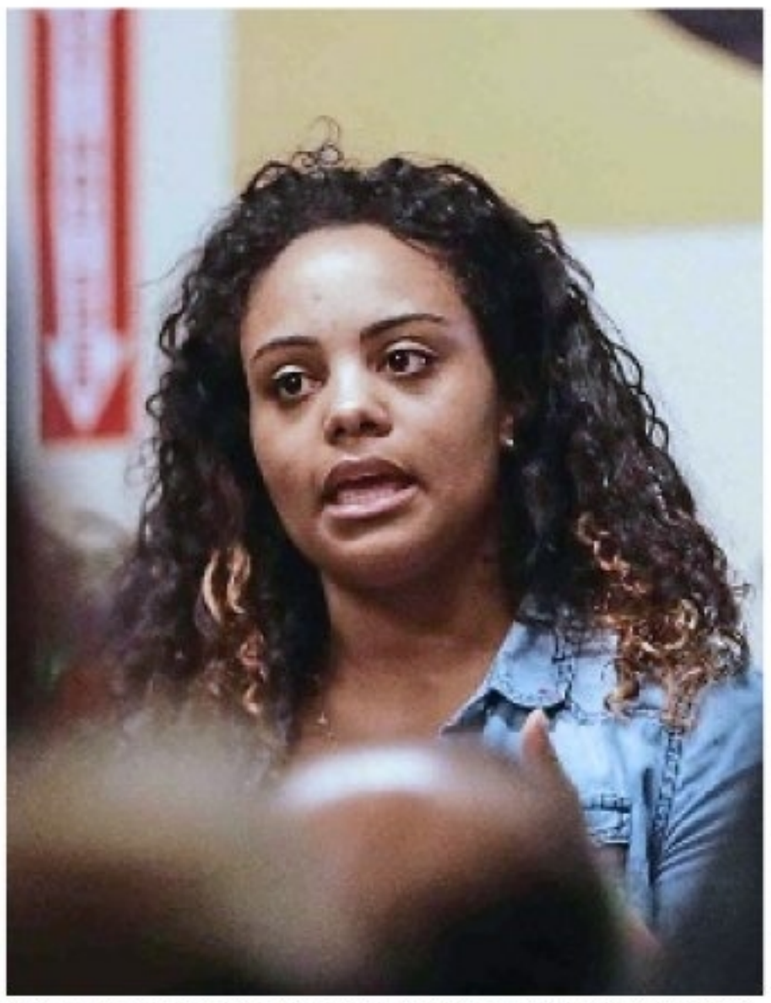
Don't open the front door if immigration officials knock. If you are taken into custody, tell them your name and nothing else. Definitely don't sign anything.

That is some of the advice being given in New York City and around the country at training sessions, put on by advocacy organizations, aimed at helping immigrants living in the country illegally get in as little trouble as possible if they encounter U.S. Immigration and Customs Enforcement officials.

Called "know your rights" training, the sessions have been pushed by some groups as a way to prepare for a possible crackdown on illegal immigration under President Donald Trump. Similar trainings are scheduled in New Mexico and El Paso.

The idea, organizers said, is to give immigrants guidance on how to legitimately push back against attempts to detain them, mostly using tactics designed to keep agents from learning anything they don't already know. The government can't deport someone unless they can prove they are in the U.S. illegally.

At a training session Tuesday in Queens, a little more than two dozen people sat in a room listening to Yaritza Mendez, an outreach co-ordinator at the pro-immigrant advocacy group Make the Road New York. She spoke about various ways ICE agents can find a person, and what to do if they come knocking.



Yaritza Mendez leads know-your-rights training at Make The Road, an immigrant advocacy organization last week in New York. THE ASSOCIATED PRESS

Even people in the country illegally have constitutional rights, Mendez said, such as not being subjected to unreasonable searches and seizures, not answering questions and not signing any documents without speaking with an attorney.

Volunteers took part in a role-playing exercise. The audience broke into laughter when a woman wearing a vest with "ICE" taped on it burst into the room after knocking loudly on a door.

"I try to make it interactive because it's long and very sad, in a way," Mendez said.

A lady sitting at the back had a question. If immigration officials knocked on her door, what if she opened it a crack but kept the chain on?

No, Mendez said. Not even a crack. That's guidance that closely mirrors something criminal defence attorneys have long been telling clients. Letting a law enforcement agent peek inside could give them the probable cause they need to enter without a warrant.

THE ASSOCIATED PRESS

GUATEMALA

Death toll in children's shelter fire rises

The death toll in a fire at a Guatemalan children's shelter rose to 40 on Sunday. The death was announced by the Roosevelt Hospital in Guatemala's capital. Nineteen of the adolescents perished at the scene of Wednesday's inferno and 21 have died in hospitals. The fire began when mattresses were set ablaze during a protest by residents at the overcrowded shelter.

THE ASSOCIATED PRESS

CORRUPTION ALLEGATIONS

South Korea leader defiant after ouster

Ousted South Korean President Park Geun-hye expressed defiance toward the corruption allegations against her as she vacated the presidential palace and returned to her home on Sunday, two days after the constitutional Court removed her from office.

In her first public comments since the court's ruling, Park said in statement, "Although it will take time, I believe the truth will certainly come out."

Park will likely face a direct investigation soon by prosecutors who already consider her a criminal suspect over suspicions that she colluded with a confidante to extort money and favours from companies and allowed the friend to secretly interfere with state affairs.

Upon her return home, Park was greeted by hundreds of supporters who thunderously chanted her name and waved the South Korean flag as her car slowly rolled onto a path near the house. THE ASSOCIATED PRESS

DILUTED HONEY

Beekeepers blame imports

Beekeepers say the falling value of Canadian honey — which dropped nearly $53 million last year — is being exacerbated by the flow of cheap, imported products diluted with sweeteners. Purchased at cut-rate prices, they are used in food products to save producers from paying more for made-in-Canada honey.

THE CANADIAN PRESS

HACKING THREAT

Tax service taken offline

Canadians planning to file their taxes online could face difficulties as the threat of hacking prompted the Canada Revenue Agency to take down the service indefinitely.

A notice was posted on the agency's website that says it detected "an internet vulnerability" and took down many of its services, including electronic tax filing.

The services include ones such as My Account, My Business Account, Netfile, EFILE and Auto-Fill My Return.

The notice says people can still complete their forms, but will have to wait to file.

A spokesman for the Canada Revenue Agency says the tax filing services were taken offline Friday as a precaution to project Canadians' tax information.

Patrick Samson says the CRA isn't aware of any personal information being affected, but says the agency will monitor the situation. "Digital services were taken offline as a precaution, not as the result of a successful hack or breach," Samson says in an email.

Digital services will remain offline until officials are satisfied there is no longer a security risk, he says.

The CRA website itself remains online as Samson says it was determined it wasn't a risk.

THE CANADIAN PRESS

Groups vie for $800M

INNOVATION FUNDING

Cash meant to help young, high-potential firms flourish

Navdeep Bains, minister of innovation, science and economic development. THE CANADIAN PRESS

An $800-million commitment central to the Trudeau government's economic growth strategy is expected to be divvied up within the next few months among groups and companies that can persuade Ottawa they're best positioned to help young, high-potential firms flourish.

The government earmarked the cash in last year's budget to support "innovation networks and clusters" as part of federal plans to help budding companies scale up significantly.

Groups like the Council of Canadian Innovators expects the government to settle in April or May on how it would like to proceed with the $800-million plan.

Council executive director Ben Bergen, who represents tech-sector CEOs, said they would like to see the investment used to support clusters centred around high-growth Canadian companies, rather than ones that revolve around universities and incubators.

Ray Bouchard of the Manitoba-based Enterprise Machine Intelligence and Learning Initiative said they aim to help firms quickly commercialize in the fields of deep learning and artificial intelligence.

The group has had several meetings with senior government officials, including Economic Development Minister Navdeep Bains, lobbying records show. THE CANADIAN PRESS

150 WAYS of looking at Canada

POSTCARD NO. 39

HARDISTY, ALTA.

THE FAMILY FARM NEAR HARDISTY, ALBERTA. HERE I SPENT MANY HAPPY SUMMERS AS A YOUNG BOY. MY GRANDPARENTS ESTABLISHED THE FARM HERE IN 1932. **JIM SAUCHYN**

SEND US YOUR POSTCARD

Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

metro VIEWS
Your essential daily news
Monday, March 13, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How can I get people to slow down their carts at the grocery store?

Dear Ellen,

I've noticed big-box stores like Walmart and Costco, etc., have these shopping carts bigger than ever before to encourage people to buy more and bigger items. I prefer to use a wheelie basket instead. But I am concerned by the rude people who drive these giant carts like NASCAR racers and have absolutely no courtesy or regard for anyone around them. It makes me not want to shop there, for fear of being knocked over. What can I do to make people slow down?

Little Old Lady

Dear Little Old Lady,

If you are feeling spry and vindictive, I urge you to go straight to YouTube and watch "dive" videos of Real Madrid soccer star Cristiano Ronaldo. Be it an opposing player brushing against his jersey, or a passing breeze tickling his new golden highlights, Ronaldo is ready at any moment to launch himself into a spectacular pratfall — rolling, groaning, clutching, grimacing — in order to convince the refs, and the world, that he has been most grievously fouled. Study his moves. Practice a few tumbles at home. Then head out to the store.

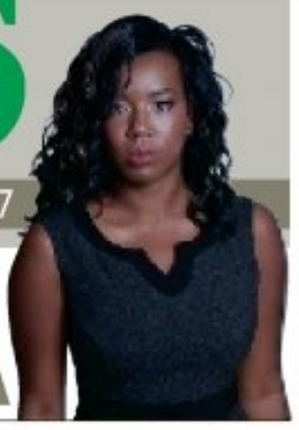
There, fill up your wheelie with eggs, yogurt and other messy foods, and meander aimlessly down the aisles. Be alert — we don't want you to actually get run over. But as soon as some maniac with a giant cart starts bearing down on you, simply shove your wheelie into their path, while you scream bloody murder and dive sideways, hitting the deck with as much force as you can muster, given that you are probably less fit than a man who is arguably the world's best soccer player. With any luck, broken eggs and spilled yogurt will spread far and wide, the maniac shopping cart driver will have a small, metaphorical heart attack and be filled with remorse at what they've done to you, a poor, innocent little old lady. And the store manager will skid through eggs and yogurt to your side, promising coupons, gift cards, and a permanent ban on large carts, in hopes of warding off a lawsuit.

I realize this advice is neither polite nor practical, and that I am perhaps revealing too much about my own vindictive nature. But other than amuse oneself with revenge fantasies, there's not much to be done. Grocery store rudeness is rampant, but it's often due to distraction rather than malicious intent. And, as many of us over a certain age know, we are simply invisible to younger, faster folks.

What you can do is educate one NASCAR driver at a time, by politely asking them to slow down. Most people will instantly apologize and pay more attention in future. And you'll have advanced civilization one tiny step in the battle for actual civilization.

Other than amuse oneself with revenge fantasies, there's not much to be done.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Cats: The Internet might like you, but I'm not a big fan

I have never liked cats and don't plan to start liking them now. Yet, in opposition to my values, a cat has taken up residence in my house.

Weeks ago, my brother moved in, which spared me the agony of searching for roommates. It also guaranteed that I'd have one who, if he had complaints about my cleanliness, could only really take them up with our mother.

With my brother came Tommy.

Tommy was a birthday present given to my brother by his friends last summer. I partially recall my brother mentioning that he had a cat, in that he'd asked my mother months ago if the cat could live with him at her house. My mother hates all pets, so I remember laughing a lot, then immediately forgetting said cat.

Tommy (short for Tommy Gunz) is a black-and-white cat of some variety. In the shallow wisdom of three reckless young men, neither my brother nor his friends know Tommy's gender, age or breed.

A friend looked into it and helpfully suggested that Tommy is a girl. My brother's take: "I had a suspicion about that, but that doesn't seem like my business." It has not been his business for seven months.

Thus, I am now caring for an animal that I'm wholly indifferent to. My solace is that Tommy, being a cat, is entirely apathetic about me, too.

You'd think with their Internet popularity and their prevalence, I would have a passing fondness for cats.

I have only developed the acting skills required to make other people believe that I care about their cats. Two friends regularly foster cats. Friends and colleagues share cat pictures and videos. In the service of not losing friends and appearing to be a good person, I make the appropriate noises in reference to their household felines. For the greater good (i.e. my self-interest), I say, "Wow lol so cute." On occasion, I actually laugh out loud.

On those days, I deserve a best supporting actress Oscar. With Tommy now daily shedding fur throughout my house, this is the greatest test of my skills.

The friend who fosters cats said something about socializing one's cat so it is good with people. To that end, I drink a glass of wine and allow Tommy to sit near me; this is how most humans socialize.

"Cat," I say to it with Streep-esque conviction, "I enjoy your presence."

You'd find it difficult to tell that, in fact, I do not enjoy its presence.

I am Daniel Day-Lewis in Lincoln. I have become Heath Ledger in The Dark Knight. I have gone fully method to pretend to like this cat.

I may never like Tommy but she (probably) doesn't have to know that.

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Elite runners peak at age 35, but the rest of us may not peak until we're 50, research shows

FROM CLAIMING A SIDE HUSTLE TO DEDUCTING LUNCH HERE'S HOW TO PREP YOUR TAXES

With so many people cobbling together their income from different sources, filing a tax return is more daunting than ever. We asked Jessica Moorhouse, a personal finance expert and host of the Mo' Money Podcast, for her top tips to calm your nerves. **GENNA BUCK/METRO**

Go in prepared

"The biggest issue is that people get stressed out because they don't know what they need to start," Moorhouse said. Get all the documents you need together before you begin (many checklists are available online) Then figure out how you want to file. For younger people, Moorhouse suggests using an online tool such as UFile, TurboTax, or H&R Block's free program. "It's way less intimidating than talking to a tax specialist," she said. "The tools are intuitive now. You kind of learn about taxes as you're doing them." And she said to get started well before the April 30 deadline, in case it takes longer than you expect. Plus, if you're getting a refund, the sooner you file, the sooner you get your money.

Claim your side hustle

Moorhouse said to resist temptation to overlook your "under-the-table" income when tax season rolls around. You should be keeping records throughout the year of every time you're paid, but if you didn't, you can go online and look at the deposits into your bank account. Babysitting, dog walking, cash tips from bartending — all of that counts. If you receive cash help from parents, family or friends, it doesn't count as income: it's a gift and not taxable.

Deduct, deduct, deduct

"This is my favourite part of taxes," Moorhouse gushed. If you're self-employed like she is, or work in the informal cash economy, the costs of running your business are tax-deductible. "I keep every single receipt. If I go to lunch with another blogger to talk about collaborating, I can claim that as a business lunch" she said. Equipment, software — even desk chairs and work boots — can all be deducted. If you're using your home as an office, you can claim part of your rent and utilities. It's a common misconception that you need to register or incorporate as a business in order to claim expenses as a deduction — you don't, as long as you're operating under your own name. Some other useful deductions: Student loan interest, child-care costs, educational courses, transit passes and anything you gave to charity.

Handle your housing

Many millennials share their digs with others to save on rising rent costs. For example, if you pay $1,000 in rent but your roommate pays $500 for your spare room, you don't have to claim that as rental income — you're not the landlord. But if you're renting out that second room on Airbnb or another room-sharing service, it's a different story. Depending on your situation, it could be considered rental income or a home business.

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The best bar? None. Why I ditched soap seven years ago

PERSONAL HYGIENE

No need to get yourself in a skin care lather, insist experts

Jackie Hong
Torstar News Service

Confusion. Abject horror. Disgust.

Those are the top three reactions when someone learns I haven't showered with soap in seven years.

My soap-free saga began when I was an impressionable teenager in Grade 11. The artist-in-residence at my high school mentioned he hadn't used soap on his body in about 20 years, except to occasionally scrub paint off his hands. When I gave him that mildly disgusted look that I'm now all too familiar with, he shot back, "Well, do I smell?"

"No," I answered truthfully, and that was that.

In a world where drugstore aisles are reserved for sudsy, pleasant-smelling bars and bottles, where soap holders are built into bathtubs and business empires created out of "natural" shower gels and bath bombs, soap is so tightly intertwined with cleanliness that shunning it is linked to a rejection of hygiene.

But an informal survey of my coworkers and friends found that I don't smell awful, or much at all. My boyfriend even says I smell nice — value that as you will. My skin isn't greasy. I haven't developed any strange conditions or infections. I'm not forgoing bathing completely; I still shower daily, just with water and nothing else, and still wash my hands with soap.

I've suffered no ill side-effects by not lathering up, yet the idea is repulsive to some. Am I secretly a cesspool of filth, covered in grime and disease that are invisible to the human eye?

"If you go to work and you dress in a long-sleeve shirt and pants and you're in your office all day and you go home, there's no reason for you to use soap," said Dr. Sandy Skotnicki, an assistant professor at the University of Toronto's Division of Dermatology who's writing a book on the topic. "Even if you've been at the gym, you don't necessarily need soap … water is more than enough to clean off." In fact, Skotnicki said, using too much soap can be a bad thing.

The word "soap" has become a catch-all for almost any personal cleaning product that makes bubbles, but true soap is made by combining animal fat with lye, a strong cleaning chemical.

Many modern "soap" products, such as Cetaphil and Dove's "cleansing" bars, are made with synthetic detergents, which can be gentler on skin but clean in essentially the same way: by binding to fat and grease, including the oils and fats found naturally in skin.

Skotnicki calls the association between soap, cleanliness and health a psychological hangover from the days before indoor plumbing, when diseases were rampant and bathing a luxury reserved for the wealthy.

Jackie Hong stopped using soap as an impressionable Grade 11 teenager. TORSTAR NEWS SERVICE

"The cleaner that you were, way back in the early days when we didn't have showers in every home, you were more healthy," she said. "Nowadays, it's not necessary. It's gone overboard and it's really to sell product."

Jack Gilbert, a professor at the University of Chicago's Department of Surgery and faculty director of the MicroBiome Center says thanks to vaccines, and other public health works, most dangerous pathogenic microorganisms have been eradicated.

So the chance any nasty germs are hanging out on your skin are next to none, although you should still wash your hands with warm, soapy water to prevent the spread of things like colds and flu. In fact, coming into contact with raw sewage now is relatively safe.

"It seems bizarre, because for years, there were so many life-threatening diseases that were affecting our society that doing that would've been an immediate death sentence," Gilbert said. "I'm not saying anyone should

> **I'm forever telling people to stop cleaning so much.**
> Dr. Sandy Skotnicki

frolic in raw sewage … but on the whole, raw sewage isn't necessarily going to contain a lot of extraordinarily dangerous bugs."

Your skin hosts a mini ecosystem of bacteria, viruses and fungi — known as a microbiome — that impact everything from how fast wounds heal, to how skin ages, to how you smell, said Gilbert. "The idea that you can sterilize your skin and remove all those bacteria — it's just not true. It just doesn't work that way," he said.

So, not using soap does not make me a filthy heathen — if anything, it might actually be beneficial for my skin.

Maybe give it a try. At the least, you'll save a couple of dollars — and maybe your skin will thank you.

Health DIGEST

Nuts and seafood key to avoiding major issues

If you're gorging on bacon or skimping on nuts, you might want to rethink your diet. That's according to new research that links 10 foods with deaths from heart disease, strokes and diabetes.

The study says overeating or not eating enough of those foods contributes to nearly half of U.S. deaths from the three causes. The researchers used data showing that about 700,000 Americans died in 2012 from heart disease, strokes and diabetes. They also examined several years of national health surveys that asked adults about their diets. "Good" foods that were under-eaten included nuts and seeds, seafood and fruits. "Bad" foods included salt, processed meats and sugary drinks.

'Fat acceptance' as weight-loss attempts drop

A new U.S. study finds fewer overweight citizens have been trying to lose weight in recent years. And researchers wonder if fat acceptance could be among the reasons. Researchers at Georgia Southern University analyzed U.S. government health surveys from 1988 through 2014. In the early surveys, about half the adults were overweight or obese. Those numbers climbed to 65 per cent by 2014. But the portion of overweight or obese adults who said they were trying to slim down fell from 55 per cent to 49 per cent.

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YOU CAN DO THIS FIREFIGHTING

In heat and heart of the community

WHY I LIKE MY JOB

Zen Stefani, 25, Fire Lieutenant with North Grenville Fire Services in Kemptville, Ont.

I love being involved in the community, helping people and solving complex problems. If you do, too, then I'd say you're right on track to joining our team!

My career started when I was pretty young (I started volunteering at age 17), but that's not to say it's a requirement in firefighting. In fact, candidates with a bit more life experience are often favoured over younger applicants, and I've certainly benefited from the mentorship and guidance of my older peers.

After high school, I volunteered on a part time basis with North Grenville Fire Services while also attending Algonquin College for the Pre-Service Firefighter and Training program. I'm now in my eighth year with the same department, currently serving as fire lieutenant. It's my job to ensure that all crewmembers are properly outfitted with personal protective equipment, in addition to providing on-site training in departmental policies, objectives, safety and quality assurance. I'm also responsible for educating the public on fire prevention.

Our department serves a population of roughly 15,000 people over 353 square kilometres. We respond to everything from medical emergencies, to ice and water rescues, chemical spills, and the common kitchen fire. It definitely keeps me on my toes, but it's rewarding to know I'm saving people's lives and keeping the community safe.

THE BASICS: Municipal Firefighter

$61,540

Median full-time salary for municipal firefighters with at least two years of experience. In some (larger) municipalities and departments, a firefighter's salary could peak at about **$96,000** annually.

+5%

Projected job growth rate over the next seven years.

Data for this feature was provided by payscale.com, mcscs.jus.gov.on.ca, acadmicinvest.com and onetonline.org

HOW TO START

Generally, each municipality in Canada establishes and enforces its own hiring criteria based on the number of citizens. However, an aspiring firefighter must obtain proper training if he or she expects to stand the heat. Smaller municipalities of less than 25,000 typically require 275 hours of training on a volunteer basis, whereas larger communities may require an additional 120-hour training program or college-level training.

Many Ontario colleges offer the Pre-Service Firefighter Education & Training Program, which teaches the principles of fire science, emergency patient care, and fire suppression and prevention. Otherwise, most provinces provide standard National Fire Protection Association (NFPA) 1001 Levels I & II training to qualified candidates. There are some physical, mental and fitness assessments involved, so be sure to look these up.

WHERE YOU CAN GO

If the recent Fort McMurray forest fires were any indication, firefighters must be well equipped to respond to any imaginable emergency call, including chemical spills, cardiac arrests and residential, commercial and industrial fires. Many municipal fire departments require all firefighters to be trained in EMT-P (Paramedic) to effectively diagnose and treat patients in trauma situations. Previous experience in building construction or the skilled trades will also attract interest from fire chiefs.

ADVICE

Solving life insurance riddle

Gail Vaz-Oxlade
For Metro Canada

Nobody likes to talk about life insurance except life insurance salespeople. Most people feel that the whole thing is yucky: it's expensive, confusing, and mostly about sickness and death.

But the single best way to ensure you can get insurance when you need it is to buy it when you don't. And the earlier you buy your insurance the cheaper it will be.

If you work for a company that offers life insurance as part of your benefits package, don't get complacent. If you change jobs down the road and have become uninsurable in the interim you won't qualify for new insurance. Make sure you have a basic private policy to cover your butt.

Here are some things to avoid:

1) Don't think of insurance as an investment. It's risk mitigation and it's a necessary part of a sound financial plan. Some types of insurance do build up money over time — products like whole or universal life insurance — that's not the first reason for buying insurance. Insurance is about taking care of the "what ifs." So the amount it will pay out to help your family cope should be your primary consideration.

2) Don't let premiums make the decision for you. If you start from the premise that you can only afford to pay $X, and let that decide how much insurance you buy, then you're going about it all wrong. First figure out how much insurance you need and then choose the type of insurance that will give you the level of coverage you're looking for.

3) Don't buy term because you think it's the only game in town. The "term vs. permanent insurance" debate has ranged since Moses was a lad. Term insurance, for which you pay only for the death benefit, may be the best fit for some people, particularly those who are older or who need a whopping amount of coverage. Permanent insurance may be a better choice for people who plan to keep their coverage for the long haul.

4) Don't just forgetaboutit. At least every year or two, re-examine your policies to be sure they are still doing the job. If you got married, divorced, had a baby, or had a big jump in income (and expenses), the amount of coverage may no longer be adequate. Or you might need to add a second, different type of policy, to meet new needs. You don't have to buy from the same insurance company. Shop around.

5) Don't forget to change beneficiaries. If you get a divorce, remarry, have a new baby, or if your partner dies, you need to review your insurance to make sure you're not leaving a stash of cash to nobody — or worse, someone you hate!

6) Don't needlessly replace a policy. Be careful about dropping a policy just to get a "better-performing" policy or for a cheaper premium. The flip side of this is people who automatically renew their term coverage, even when the reason for having insurance has grown up and left home.

7) Don't name your estate as beneficiary. Insurance benefits are free of income tax when left directly to beneficiaries, but face probate if the benefits become part of an estate.

For more money advice, visit Gail's website at gailvazoxlade.com

Want to make a difference in the lives of others?
The Lookout Emergency Aid Society is a non-profit organization that provides caring, non-judgemental, non-sectarian services to adults facing homelessness. We go beyond traditional solutions to homelessness by fostering growth and change, providing innovative services and building collaborative partnerships.
Lookout
We are growing and looking to add to our team! We invite applications for a number of Casual (on-call) positions throughout the Lower Mainland, including:
Shelter Resource Workers / Tenant Support Workers
Building Attendants • Outreach Workers • Cooks
Homemakers • Janitor/Maintenance
You'll be a good fit at Lookout if you:
• are client-centered and non-judgemental
• are compassionate and respectful
• have strong communication and teamwork skills
• demonstrate flexibility and ability to problem solve
Qualifications:
• Minimum Grade 12 or Related Certificate/Diploma preferred
• Minimum 1-3 years of recent related experience (depending on classification), or an equivalent combination of education, training and experience.
• OFA 1 First Aid Certificate required
• Minimum 2 years sobriety is required
• Non-Violent Crisis Intervention Training an asset
• Harm Reduction/ Naloxone Training an asset
Since we provide service 24/7, we need dedicated people with flexible schedules. Most of our employees start on a casual basis, gaining skills and experience while working towards regular full-time and part-time positions. Starting wage varies depending on the position, as per BCGEU Collective Agreement, plus 9.6% in lieu of vacation and statutory holidays for casuals.
Lookout serves a diverse community so we encourage people of diverse backgrounds and cultures to apply. Successful applicants will be required to complete a vulnerable sector Criminal Record Check prior to commencement of employment.
To apply, please forward a resume and cover letter to:
hrmanager@lookoutsociety.ca Find out more about us at www.lookoutsociety.ca
We thank all applicants for your interest in Lookout,
however only those shortlisted for interviews will be contacted. No phone calls please.

Orphan is the new Black

CANADIAN SCREEN AWARDS

TV series, Xavier Dolan take home nine trophies

Montreal director Xavier Dolan's It's Only the End of the World and Space's human cloning series Orphan Black emerged Sunday as this year's big Canadian Screen Awards winners.

Including awards handed out earlier in the week, Orphan Black nabbed nine trophies.

It won best dramatic series and best lead actress in a dramatic role for star Tatiana Maslany, who plays multiple clones in the sci-fi show, all with different personalities and accents.

"It's been such an amazing journey, this show, for me. I've really grown up on it. It's been a huge responsibility and a huge privilege and I've made a family on it that I'm going to miss so much," she said backstage, referring to the show's final upcoming season.

"We're saying bye to characters every day and that's just devastating."

Maslany won another trophy for another project on Sunday — best actress for the film The Other Half. That honour had her teary eyed as she thanked her "other half," her boyfriend Tom Cullen, who's also the film's co-star/executive producer.

Dolan's French-language drama won six trophies, including best picture, best director, best adapted screenplay and best cinematography. Organizers said Dolan was shooting in Paris and was unable to attend. THE CANADIAN PRESS

Actress Tatiana Maslany, centre, and the cast and crew of Orphan Black accept the award for best dramatic series at the 2017 Canadian Screen Awards. PETER POWER/THE CANADIAN PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Any two people can fall in love

THE SHOW: Love, Season 2, Episode 5 (Netflix)
THE MOMENT: "I like you"

Sexy, messy Mickey (Gillian Jacobs) and nerdy Gus (series co-creator Paul Rust) aren't really a couple. But they've just spent a perfect, unplanned Sunday. Saturday night, he did mushrooms for the first time. Sunday, they woke up together and had sex. They went to brunch, saw a movie, drove to Venice Beach, had sex again.

Now she's walking him to her door. "So what are you up to this week?" he asks. "I want to text you, but I don't want to pester you."

"Stop, we don't have to do this," she says.

His face falls. "I'm sorry," he says.

She looks in his eyes. "I'm not going to disappear on you, Gus," she says. "I always want to hear from you. You're not going to annoy me."

His face brightens. "You're not going to annoy me, either," he says.

Their look holds. "I like you," she says.

"I like you, too," he whispers.

I haven't entirely warmed to this series but, with this episode, I feel like I finally see what it's up to. It forces you to get over the feeling that Mickey and Gus aren't a logical pair. It stops mattering that they don't make objective sense.

Because what Rust and co-creator Judd Apatow are doing here, I think, is staking a claim that any two people, given some time together, can fall in love.

That people who are afraid to open up will feel something for the person who finally gets them to. That familiarity can also breed contentment.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Gillian Jacobs and Paul Rust may not make sense as a couple in Netflix's Love, but that's the point. CONTRIBUTED

metro SPORTS

Norway's Marit Bjoergen coasted to victory by over two minutes in a 30-kilometre race in the women's cross-country ski World Cup in Oslo

Canada worn down, finishes in seventh

RUGBY

Injury takes its toll on host team; England wins tourney

The Canadian men's rugby sevens team walked off the pitch as celebrated heroes after finishing ninth at their inaugural home tournament last year.

A hiccup in the first match pushed them into the consolation round, but the squad rebounded to win five straight as part of a performance that buoyed both players and fans about the program's future.

Fast-forward to 2017 and a seventh-place showing at the Canada Sevens left the host country bitterly disappointed.

Argentina beat a worn-down Canada 12-5 on Sunday at BC Place Stadium to send the home side packing from an event where it showed flashes of brilliance before getting cut down by a crippling lack of depth.

"When we were fit and healthy on Day 1, I hope we gave a glimpse of what this group is capable of," said Canadian head coach Damian McGrath. "I hope (the fans) take that with them rather than the battered and bloodied and bruised group that limped off at the end.

"We appreciated every minute of support they gave us, and I hope they appreciated what we did."

Canada, which ranked 12th in the HSBC World Rugby Sevens Series entering the weekend, downed No. 7 Scotland and No. 14 Russia in convincing fashion before giving No. 4 New Zealand all it could handle in a 15-14 loss on Saturday.

Canada's Nathan Hirayama, left, and Argentina's Luciano Gonzalez Rizzoni collide during Canada Sevens action on Sunday at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

> **The boys put in a gutsy effort. Just unlucky we didn't come away with it.** Canadian captain Harry Jones

But the Canadians had just nine healthy players for the match against the All Blacks Sevens and then lost Adam Zaruba, who had five combined tries, to a concussion prior to Sunday's 36-7 loss to top-ranked South Africa in the Cup quarter-finals.

Justin Douglas (leg) and John Moonlight (knee) started against both South Africa and Argentina, but were nowhere near 100 per cent fit.

McGrath, whose team moved up to 10th overall after its showing Vancouver, has said repeatedly the top end of his roster can compete with any country in the world. It's when someone goes down that things get dicey.

"The 13 players we have are the 13 players we have," said the Englishman, who took the job in October. "I'm squeezing blood out of the stones, really. There were so many wrapped up players that shouldn't have played on a normal day."

No. 3 England upset South Africa 19-7 in Sunday's Cup final, while No. 2 Fiji downed the sixth-ranked United States 28-24 for bronze.

England also beat the Blitzboks in their own backyard in Capetown in December for the country's only other Cup victory this season.

"To come out with a result like that against them is very special," said England captain Tom Mitchell. "It's mostly just down to hard work, grit and determination from the boys."

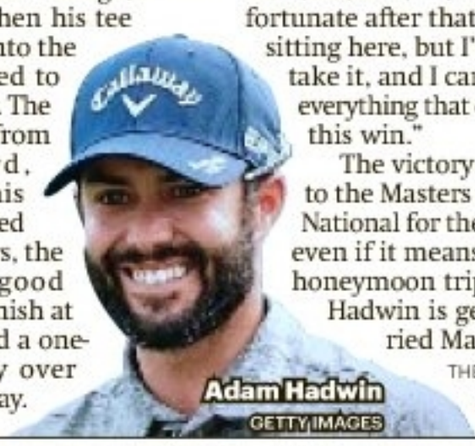
THE CANADIAN PRESS

GOLF

B.C.'s Hadwin earns first PGA Tour win

Canada's Adam Hadwin only wanted a chance for his first PGA Tour win on the final hole Sunday at the Valspar Championship. He could have done without the self-inflicted drama.

Hadwin lost a two-shot lead with one swing on the 16th hole when his tee shot sailed into the water and led to double bogey. The 29-year-old from Abbotsford, B.C., kept his wits and closed with two pars, the final one good enough to finish at 14 under and a one-shot victory over Patrick Cantlay.



Adam Hadwin GETTY IMAGES

"You're never quite sure when you're going to get the job done," Hadwin said. "I just went there today and stuck to what I do best, just hit some quality golf shots and really made the game super easy outside of hole No. 16. I feel a little fortunate after that hole to be sitting here, but I'll certainly take it, and I can't wait for everything that comes with this win."

The victory sends him to the Masters at Augusta National for the first time, even if it means altering a honeymoon trip to Tahiti. Hadwin is getting married March 24.

THE ASSOCIATED PRESS

CURLING

Gushue wins Brier Tankard at last

Brad Gushue of Newfoundland and Labrador defeated Canada's Kevin Koe 7-6 on Sunday night to win the Tim Hortons Brier for the first time.

After a back-and-forth affair, Gushue had hammer in the 10th end and used it to his advantage. He hit a draw for the single point to send the raucous capacity crowd in St. John's, N.L., into a tizzy.

1976

Gushue is the first Newfoundlander to hoist the Brier Tankard since Jack MacDuff in 1976.

Gushue threw his broom in the air in celebration when his stone moved into the eight-foot ring and just past the Canada rock for the victory.

This was Gushue's 14th career appearance at the Brier.

Gushue will represent Canada at the world men's curling championship in Edmonton April 1-9.

THE CANADIAN PRESS

Carleton's Ryan Ejim scores past Ryerson's Juwon Grannum in Halifax on Sunday. THE CANADIAN PRESS

U SPORTS BASKETBALL

Carleton nets 13th national title

The Carleton Ravens maintained their stranglehold on Canadian university men's basketball on Sunday in Halifax.

The Ravens roared to their seventh consecutive Canadian title, withstanding a fierce Ryerson comeback to beat the Rams 78-69.

Ryan Ejim scored 19 points, and Kaza Kajami-Keane had 15 points and 11 rebounds to earn player of the game honours.

1

Carleton lost just one game all season — in the Ontario conference final to Ryerson.

The powerhouse Ravens have now won 13 W.P. McGee Trophies, more than any other school in history.

The Rams, two-time bronze medallists, were making their debut in the championship final, and were looking for their first title — in any sport — in school history.

In Victoria, Alex Kiss-Rusk had 15 points and 20 rebounds to lead the McGill Martlets past the Laval Rouge et Or 66-55 to win the women's basketball championship. THE CANADIAN PRESS

IN BRIEF

Villanova gets top billing in March Madness

Villanova took the overall top seed on Selection Sunday, with Kansas, North Carolina and Gonzaga joining the defending national champions on the No. 1 line for the NCAA Tournament.

Not many surprises there, though Syracuse and Illinois State, who got left out altogether, may have been searching for answers.

With the brackets set, the action begins Tuesday.

THE ASSOCIATED PRESS

Canucks bring on Shore for remainder of season

The Vancouver Canucks signed forward Drew Shore for the remainder of the 2016-17 season on Sunday.

Shore, 26, earned a team-high 48 points and 24 goals in 50 games for Kloten HC of the Swiss-A League this season. His 24 assists on the year ranks second on the team.

Shore appeared in two games for the Calgary Flames and 59 games for the AHL Stockton Heat during the 2015-16 season.

THE CANADIAN PRESS

Wordsearch

D R A M A D R A D D
R R D A R A M A M R
A M A A D R A M A A
D A M M R A M D A M
R A A D A A M M A A
C O R O N A T I O N
S T R E E T M A A D
A D R A M A D M R A

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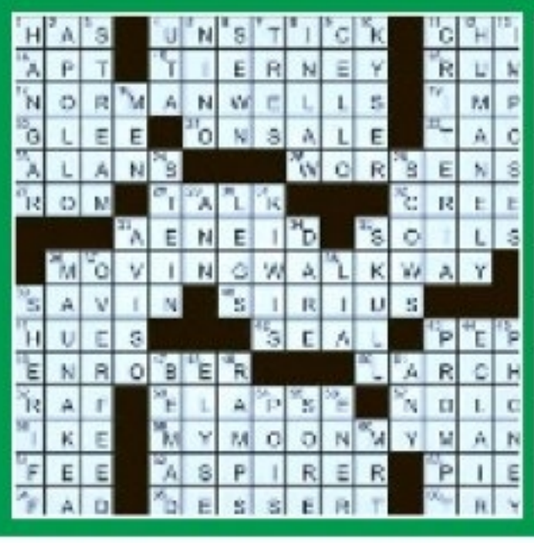

8	6	2	3	7	9	5	1	4
5	3	7	6	1	4	8	9	2
4	1	9	8	2	5	7	3	6
1	7	5	9	3	6	2	4	8
3	8	6	7	4	2	1	5	9
2	9	4	5	8	1	6	7	3
7	2	1	4	9	8	3	6	5
9	5	3	2	6	7	4	8	1
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Find the words:

DRAMA DRAMA
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·CORONATION ST.·

WEEKNIGHTS 7:30

✷ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Be co-operative with others today, because the Moon is opposite your sign. (That's how it works.) And with Venus in your sign, you are completely charming!

Taurus April 21 - May 21
You have lots of energy, with Mars in your sign for the next six weeks. Use this energy to get better organized, because this is what you really want to do today.

Gemini May 22 - June 21
This is a playful day. Bosses and VIPs think highly of you. Friends and groups want to see you. Fortunately, you are in the mood to socialize!

Cancer June 22 - July 23
If you can to cocoon at home today, you will love it. You need some privacy and the comfort of being among familiar surroundings. Try to do this.

Leo July 24 - Aug. 23
You want to enlighten someone about something today. You need to be heard, because you have something to say.

Virgo Aug. 24 - Sept. 23
If shopping today, you will be swayed by your feelings rather than by common sense. Be aware of this before you part with too much of your hard-earned money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which makes you more emotional than usual. However, it also brings some extra good luck to you. Yes!

Scorpio Oct. 24 - Nov. 22
Work alone or behind the scenes today, because you feel the need for some privacy. This is a playful, social time for you, but today you need to catch your breath.

Sagittarius Nov. 23 - Dec. 21
A discussion with a female acquaintance might be important to you both today. This is a good day to share your hopes and dreams for the future with someone important, because he or she can be your sounding board.

Capricorn Dec. 22 - Jan. 20
Important people might discuss personal details about your private life today. Something is up, so keep your eyes open.

Aquarius Jan. 21 - Feb. 19
Try to do something different today, because you want some adventure. Ideally, you want to travel and get away from all this.

Pisces
Feb. 20 - March 20
This is a strong time, with the Sun and Mercury in your sign. However, today you will focus on other people's money and wealth — and perhaps, shared property.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	8	7			1			
1						9		
4			6		3		7	
		9		3		6		2
8		3		1		5		
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		2						4
			1			8	2	

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MAKE IT TONIGHT

Healthy Funky Monkey Smoothie

Ceri Marsh & Laura Keogh
For Metro Canada

Not just a drink, a smoothie can deliver vitamins and minerals your diet needs, especially if you had good-for-you-additions like omega-3-rich flax and protein-infused Greek yogurt.

Ready in 5 minutes
Prep time: 5 minutes
Serves 2

Ingredients
- 2 frozen bananas, peeled and chopped
- 2 cups milk or soy milk
- 2 Tbsp natural almond or peanut butter
- 1 Tbsp maple syrup
- 1 Tbsp flax meal
- ½ cup Greek yogurt

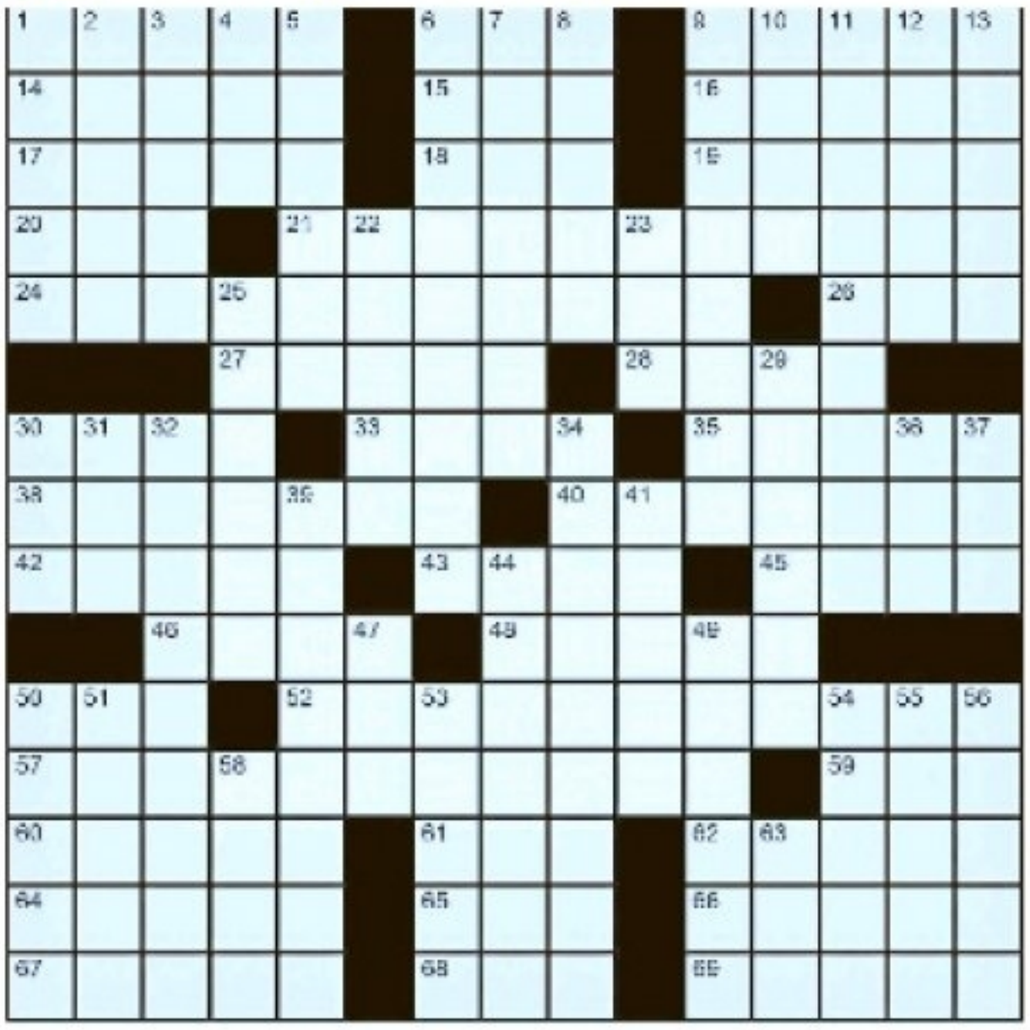
Directions
Toss it all in your blender. Give it a whiz and you're done

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ANSWERS ONLINE metronews.ca



ACROSS
1. Adrenal, for one
6. Food additive
9. Internet letter
14. Sizable
15. __ disadvantage
16. __ good example
17. Harry Potter: Owl for The Weasley Family
18. Dernier __ (Latest fashion)
19. Engage the object, cat-style: 2 wds.
20. 'Tiny' thoroughfare
21. New Brunswick village sharing the name of its river
24. Marriage arrangers
26. Our national thoroughfare [acronym]
27. Kitchen gadget
28. Daintily drinks
30. 'Within'-meaning prefix
33. Itemize
35. "Lovergirl" by __ Marie
38. Kennedy Compound location in Massachusetts, __ Port
40. Carroll of "All in the Family"
42. Whale type
43. Bloody prefix
45. Gladiator's 402
46. "Just the facts, __."
48. Hawaiian-style veranda
50. Pro bono TV spot [acronym]
52. Vast territory the Hudson's Bay Company controlled from 1670 to 1870: 2 wds.
57. Prepared for the seance: 2 wds.
59. Faux __
60. American author, Horatio __ Jr. (b.1832 - d.1899)
61. Plastic __ Band
62. Conjure up
64. Vampire's 'vish', "__ to suck your blood!"
65. Actor Mr. Avery
66. Michelin products
67. So much, in music
68. Alphabetical, e.g.
69. Pre-plant packet's particles

DOWN
1. Shine
2. Metamorphosis-izer
3. Chicoutimi stop sign word
4. Stop-_-__
5. 'Oracle' city in Greece
6. Governor of the expanse at #52-Across before it was transferred to Canada for $1.5 million, William __ (b.1815 - d.1870)
7. Lightning landings
8. Offenbach ballet, __ Parisienne
9. Hockey brothers Phil or Tony
10. Honey drink
11. Clueless/frazzled: 3 wds.
12. Violinist Mr. Stern
13. Gate fastener
22. Singer Ms. Sande
23. Debit opps.
25. Larry in the Pro Football Hall of Fame who played for the Miami Dolphins
29. __ sharpener
30. Erica __ (MuchMusic's first female VJ)
31. Blue/orange jerseys NHL team [acronym]
32. "Rows of Houses" Canadian singer/songwriter: 2 wds.
34. Comedian/actor in "True Lies" (1994): 2 wds.
36. "__ _ insist!"
37. "Entourage" superagent
39. Having a more close location: 2 wds.
41. There's more following abbr.
44. Tap dancer/actress Ms. Powell
47. Rubber boots coating
49. Strong points
50. SVP's 'P'
51. Region's forest trees
53. Snapshot, shortly
54. Previously, once
55. Microwaved
56. Adorn
58. __ State (University in CSNY's "Ohio")
63. Compete

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